

IN RECOGNITION OF "Physical Fitness Month"

WHEREAS, Regular, vigorous physical activity is essential to good health and effective performance of our daily responsibilities. In addition, physical activity and sports programs can provide rich sources of personal pleasure and satisfaction; and

WHEREAS, many individuals, families, communities, and others are increasingly concerned about physical fitness, and there is a growing recognition that physical activity is an important part of daily life for people of both sexes and all ages. Augustans who are not reaping the benefits and pleasures of physical activity and sports should develop a personal physical fitness program in accordance with their capability.

NOW, THEREFORE, I, Bob Young, Mayor of the City of Augusta, do hereby proclaim May 2002 to be "Physical Fitness Month" and urge individuals and families to use this occasion to renew their commitments to make regular physical activity an integral part of their lives.

IN WITNESS THEREOF, I have hereunto set my hand and caused the seal of Augusta, Georgia to be affixed this 29th day of May 2002.